



# The city Source

January 2001



## Did you know...

### WINTER DEATHS

Everyone is potentially at risk during winter storms. The actual threat to you depends on your specific situation. Recent observations indicate the following:

- Related to ice and snow:
  - About 70% occur in automobiles.
  - About 25% are people caught out in the storm.
  - Majority are males over 40 years old.
- Related to exposure to cold:
  - 50% are people over 60 years old.
  - Over 75% are males.
  - About 20% occur in the home.

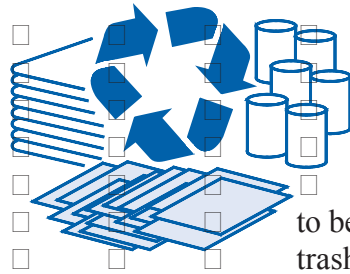
Source National Weather Service

So far this year, Lynchburg residents have been fortunate. We've experienced very little in the way of snow and ice this season but winter has just begun. It's important that you be prepared for winter storms. Read the information below to test your readiness:

#### What to do During a Winter Storm (Snow & Ice)

- **Listen to the radio or television** for weather reports and emergency information.
- **Dress for the season.**
  - Wear several layers of loose-fitting, light-weight clothing rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent.
  - Mittens are warmer than gloves.
  - Wear a hat or other head covering. Most of the body's heat is lost through the top of the head.
  - Cover your mouth with a clean scarf to protect your lungs from the cold air.
- **Be careful when shoveling snow.** Overexertion can bring on a heart attack -- a major cause of death in the winter. If you must shovel snow, do some stretch exercises before going out and don't overexert yourself. Consider purchasing a snow blower (similar to a lawn mower for snow), which requires far less exertion to remove a significant volume of snow than a shovel.
- **Check on neighbors** who may have trouble staying safe during winter storms. Elderly or homebound residents are at particular risk. Make sure they have adequate heating and food and offer to clear their sidewalks or driveways.
- **Watch for signs of frostbite** -- a loss of feeling and a white or pale appearance in extremities such as fingers, toes, ear lobes or the tip of the nose. If symptoms are detected, get medical help immediately.
- **Watch for signs of hypothermia** -- uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness or apparent exhaustion. If symptoms of hypothermia are detected, get medical help immediately.
- **When at home:**
  - Conserve fuel if necessary by keeping your house somewhat cooler than normal. Temporarily "close off" heat to some rooms.
  - When using kerosene heaters, maintain ventilation to avoid build-up of toxic fumes. Refuel kerosene heaters outside and keep them at least three feet from flammable objects.

## Lynchburg's Drop-off Recycling Program



In 1981, members of a local garden club began the first recycling efforts in the City. Today, the City's Drop-off Recycling Program continues to be successful with a 20% household trash-recycling rate. The City's overall recycling rate is 41%, which includes business and industry waste streams.

With 9 sites around the city, citizens help reduce the amount of landfill space being used as well as to conserve natural resources.

Aluminum and newspaper generate revenue for Operation Plant a Tree. Since 1981, more than 8000 trees have been planted across the city from revenues generated by recycling and has helped earn Lynchburg the designation "Tree City USA" by the National Arbor Day Foundation.

#### Locations:

Kroger, Linkhorne Dr.  
Fort Hill Shopping Center, Fort Ave.  
Kroger, Old Graves Mill Road and Timberlake Rd.  
River Ridge Mall near Sears  
Fairview Square Shopping Center on Campbell Ave.  
Village Court Shopping Center, Boonsboro Rd.  
The Plaza, Lower Level near Heilig Myers  
City Waste Mgt. Office, Concord Turnpike  
Grace Street behind fire station

#### Recyclables Accepted:

- Drink & Food Cans
- Newspapers & Inserts
- Glass Bottles & Jars
- Mixed Paper
- Plastic Bottles & Jugs, #1 & #2

**PREPARING RECYCLABLES:** Please note, only items listed on the bin signs are allowed. Incorrect material and/or trash placed in the bins may cause that bin to be emptied at the City's landfill instead of the recycling processor. Remember, **"If in doubt, throw it out!"**

#### Drink & Food Cans:

- Rinse & crush □ - NO pans, foil or other metal items
- Labels ok

#### Newspaper & Inserts:

- NO bags, boxes or strings □ - All newspaper inserts ok

**Glass Bottles & Jars: NO WINDOWS, GLASSWARE OR OTHER ITEMS ACCEPTED.** A good rule of thumb to follow: if beverage or food came in the glass item then it CAN be recycled.

- Separate by color □ - Remove lids
- Rinse □ - No need to remove labels

**Mixed Paper:** All paper products accepted EXCEPT wax paper; windowed envelopes and staples OK.

- Flatten all boxes □ - Corrugated (cardboard) □ □ □
- □ □ accepted, flattened

**Plastic Bottles & Jugs: NO PLASTIC BAGS, BOWLS, LIDS OR OTHER PLASTIC ITEMS ACCEPTED!** Plastic grocery bags should be returned to grocery stores only.

- Rinse and crush
- Accept #1 HDPE: such as soft drink bottles of any color
- Accept #2 PETE: such as milk jugs and detergent bottles of any color

Mayor Carl B. Hutcherson, Jr.  
Vice Mayor Stewart B. Hobbs, Jr.  
join members of the Lynchburg City Council  
in cordially inviting you and a guest to attend the  
**State of the City Address**  
**Monday, February 26, 7:00 p.m.**  
City Council Chambers  
City Hall, 900 Church Street

## JANUARY AT A GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
7	8	9	10	11	
14	15 City Cable Prog. Fire Dept. "When Duty Calls" 7 PM	16 City Cable Prog. Fire Dept. "When Duty Calls" 11 AM	17	18	
21	22 City Cable Prog. Fire Dept. "When Duty Calls" 7 PM	23 City Cable Prog. Fire Dept. "When Duty Calls" 11 AM	24	25	
28	29 Citizen Steering Committee Meeting City Hall, 2nd Flr. 7 PM City Cable Prog. Public Works "At Your Service," 7 PM	30 City Cable Prog. Public Works "At Your Service" 11 AM	31		

## FEBRUARY AT A GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
				1
4	5 City Cable Prog. Public Works "At Your Service" 11 AM	6 City Cable Prog. Public Works "At Your Service" 11 AM	7	8
11	12 City Cable Prog. Comm/Marketing "It's All in the City" 7 PM	13 City Cable Prog. Comm/Marketing "It's All in the City" 11 AM	14	15
18	19 City Cable Prog. Comm/Marketing "It's All in the City" 7 PM	20 City Cable Prog. Comm/Marketing "It's All in the City" 11 AM	21	22
25	26 Mayor's State of the City Address at City Hall, 7 PM City Cable Prog. Fire Dept. "When Duty Calls" 7 PM	27 City Cable Prog. Fire Dept. "When Duty Calls" 11 AM	28	

January 15, 2001 is a City Holiday - Martin Luther King Day  
February 19, 2001 is a City Holiday - President's Day

For more information about Lynchburg City services, visit our web site at [www.lynchburgva.gov](http://www.lynchburgva.gov)